

# Cole Slaw

Meal Components: Vegetable

Salads, E-09

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
*Fresh cabbage, coarsely chopped	1 lb 13 ½ oz	3 qt	3 lb 11 oz	1 gal 2 qt	1. Place cabbage, carrots, and peppers (optional) in large bowl and toss lightly to mix.
*Fresh carrots, finely shredded	3 oz	¾ cup 2 Tbsp	6 oz	1 ¾ cups	
*Fresh green pepper, chopped (optional)		¼ cup	2 ½ oz	½ cup	
Reduced calorie salad dressing	7 oz	¾ cup 2 Tbsp	14 oz	1 ¾ cups	2. Dressing: In a separate bowl, combine salad dressing or mayonnaise, sugar, celery seed, dry mustard, and vinegar.
OR	OR	OR	OR	OR	
Lowfat mayonnaise	7 oz	¾ cup 2 Tbsp	14 oz	1 ¾ cups	
Sugar		1 Tbsp		2 Tbsp	
Celery seed		1 tsp		2 tsp	
Dry mustard		½ tsp		1 tsp	

3. Pour dressing over vegetables. Mix thoroughly. Spread 2 lb 9 ½ oz (approximately 1 qt 2 ¼ cups) into each pan (9" x 13" x 2"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.
4. CCP: Cool to 41° F or lower within 4 hours. Cover. Refrigerate until ready to serve.
5. Mix lightly before serving. Portion with No. 16 scoop (¼ cup).

#### Notes

\* See Marketing Guide

Special Tips:

- 1) For best results, shred cabbage and store overnight; add dressing just before serving.
- 2) If recipe is prepared in advance, the yield will be reduced.

**A new nutrient analysis will be coming.**

**Edited April 2014. Restandarization in Progress.**

Marketing Guide		
Food as Purchased for	25 Servings	25 Servings
Cabbage	2 lb 2 oz	4 lb 4 oz
Carrots	4 oz	8 oz
Green peppers	2 oz	4 oz

Serving	Yield	Volume
¼ cup (No. 16 scoop) provides ¼ cup of vegetable.	<b>25 Servings:</b> 2 lb 9 ½ oz	<b>25 Servings:</b> 1 quart 2 ¼ cups 1 pan
	<b>50 Servings:</b> 5 lb 3 oz	
		<b>50 Servings:</b> 3 quarts ½ cup 2 pans

Nutrients Per Serving					
Calories	NA	Saturated Fat	NA	Calcium	19 mg
Protein	NA	Cholesterol	3 mg	Sodium	NA
Carbohydrate	NA	Vitamin A	1005 IU	Dietary Fiber	NA
Total Fat	NA	Iron	0.3 mg		